



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Interested in secret shopping our group exercise classes? Email Health & Wellness Director, Gina Adrover, for the form. gadrover@ymcashr.org

**BLOCKER NORFOLK
FAMILY YMCA
October 2017**

GROUP EXERCISE • CARDIO & STRENGTH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Abs & More #201 5:30-6:30a (ML) Debie	Cardio Circuit #201 6:00-6:50a (ML) Becki	Abs & More 5:30-6:30a (ML) Debie #301 Tabata #201 6:30-7:00a (L2) Brandon Abs #201 7:00-7:15a (ML) Brandon	Cardio Circuit #201 6:00-6:50a (ML) Kristin	Abs & More #201 5:30-6:30a (ML) Debie	Hap Ki Do #202 8:00-9:30a (ML) Matt Tai Chi #202 9:45-10:45a (ML) Mike Family Karate #202 2:45-4:15p (ML) Steve	
Low Impact #201 8:15-9:15a (ML) Paul	Body Design #201 8:15-9:15a (ML) Carol Ann	Low Impact #201 8:15-9:15a (ML) Barbara	Body Design #201 8:15-9:15a (ML) Carol Ann	Low Impact #201 8:15-9:15a (ML) Betty H.	Step #201 8:00-9:00a (ML) 1st: Leslie 2nd: Carol 3rd: Paul 4th: Carol	Power@ #201 9:00-10:00a (ML) Kelly
Power@ #201 9:30-10:30a (ML) Kim	Active@ #201 9:30-10:30a (ML) Kelly	HIIT #201 9:30-10:00a (L2) Brandon	Cardio Circuit #201 9:30-10:30a (ML) Brandon	Power@ #201 9:30-10:30a (ML) Gabi	Body Design #301 9:15-10:15a (ML) 1st: Leslie 2nd: Carol Ann 3rd: Paul 4th: Carol	Core@ #201 10:05-10:35a (ML) Kelly
Core@ #201 10:35-11:05a (ML) Janice	BoxMaster@ 3rd Floor 10:30-11:15a Stephen (ML)	Abs #201 10:00-10:15a (ML) Brandon		Zumba@ #201 10:35-11:35a (ML) Jennifer		Active@ #201 10:45-11:45a (ML) Kelly
Boot Camp with Hoist FitQuest Room 1st Floor 11:00a-12:00p (ML) Jonathan		Zumba@ #201 10:30-11:30a (ML) Stacy		Core@ #201 11:40-12:10p (ML) Jennifer	Power@ #201 9:15-10:15a (ML) 1st: Laureen 2nd: Gabi 3rd: Laureen 4th: Kim	

Mind/Body, Cycling and Water Fitness
classes are listed on a separate schedule.

BoxMaster@ 3rd Floor
11:30a-12:15p (ML)
Maurice

Zumba #201 12:15-1:15p (ML) Heather	Fight@ #201 12:15-1:15p (ML) Jennifer	Boot Camp #201 12:15-1:30p (L2) Kathy	Active #201 12:15-1:15p (ML) Kelly	Zumba@ #201 12:15-1:15p (ML) Stacy		
Cardio Circuit #201 4:30-5:30p (ML) Seth	Core@ #201 3:50-4:20p (ML) Gina	Body Design/Treading 4:30-5:30p #201 Debie (ML)	Power@ #201 4:30-5:30p (ML) Terre	Abs #201 5:15-5:30p (ML) Margaret	Power@ #201 1:30-2:30p (ML) Terre	BoxMaster@ 3rd Floor 3:00-3:30p (ML) Shanda
BoxMaster@3rd Floor 5:15-6:00p (ML) Shanda	Power@ #201 4:30-5:30p (ML) Gina	BoxMaster@ 3rd Floor 5:15-6:00p Jonathan (ML)	Step #301 5:35-6:35p (ML) Paul	Tabata #201 5:30-6:00p (L2) Margaret		HIIT #301 3:30-4:00p (L2) Shanda
Core@ #201 5:35-6:00p (ML) Chasity	Active@ #301 5:30-6:30p (ML) Shanda	Zumba@ #201 5:35-6:35p (ML) Sherrie	Hip Hop #201 5:45-6:45p (ML) Arriane			Zumba #201 4:00-5:00p (ML) 1st: Sparkle 2nd: Sherrie 3rd: Heather 4th: Yolanda 5th: Sparkle
Tabata #201 6:00-6:30p (L2) Chasity	Fight@ #201 5:35-6:35p (ML) Kim	Power@ #201 7:00-8:00p (ML) Stacy	HIIT 7:00-7:30p (L2) Brandon			
Belly Dance #301 6:00-7:00p (ML) Sparkle	Core@ #201 6:40-7:10p (ML) Kim		Abs #201 7:30-7:45p (ML) Brandon			
Abs #201 6:30-6:45p (ML) Chasity	Hap Ki Do #202 5:45-7:15p (ML) Matt					
Power@ #201 7:00-8:00p (ML) Gabi	MixedFit@ MacArthur Mall Live 360 Room 6:30-7:30p ML Alexis					



CLASS INFORMATION

All classes include a warm-up, work phase and cool-down. For your safety, please do not enter a class more than five minutes after it has begun.

Classes that consistently have fewer than eight participants are subject to cancellation.

Class Levels:

Multi Level (ML)-15 minutes or longer geared to accommodate the beginner to advanced exerciser.

Level 1 (L1)- 15-60 minute classes geared towards the beginner to intermediate exerciser.

Level 2 (L2)- 15 minute or longer classes geared towards the intermediate to advanced exerciser.

Age Guidelines:

Ages 8-12 may participate in Group Exercise classes with a parent or supervising guardian.

Ages 13+ may participate in Group Exercise classes without a parent or supervising guardian with the exception of classes that use weights where a parent or guardian must also be present for participants ages 13-15.

For their safety, children ages 13 and younger may not participate in a Level II Group Exercise or Cycling class. In order to properly fit the bikes, the minimum height requirement is five feet.

Parents, please note:

Stay & Play closes at 6:00pm on Friday nights. Please allow enough time to pick up your child and/or children before closing time. Thank you for your cooperation.

Class Locations:

Pool - 1st floor
Room #201 - 2nd floor
Room #202 - 2nd floor
Room #301 - 3rd floor
Cycle Room - 5th floor
Room #601 - 6th floor
Room #602 - 6th floor

CLASS DESCRIPTIONS

20/20/20 is a total body workout and includes 20 minutes of cardiovascular conditioning, 20 minutes of strength training and 20 minutes of core exercises and stretching.

Abs -This class focuses on exercises that strengthen and tone the mid-section or core of the body, which includes the abdominals and lower back muscles.

Abs & More -This class focuses on strengthening the core, which includes the abdominal and low back muscles. Additional exercises that incorporate the upper and lower body may be added.

Belly Dancing -This workout focuses on your core muscles and balance while having fun. All levels welcome.

Body Design -A non-aerobic class designed to strengthen and condition the entire body using free weights, exercise tubing, or other equipment.

Boot Camp -This exercise class challenges the body with a variety of cardio and strength training techniques. Calisthenics type exercises are an integral part of this program.

BoxMaster® - A form of boxing style conditioning that caters to all types of fitness levels. Participants will experience a warm-up followed by timed punching rounds and active recovery rounds, each 90 seconds long. Participants will hit every aspect of conditioning while training in an interval format.

Cardio Circuit -This class alternates muscular strength and cardiovascular activities.

Family Karate -Enjoy a healthier life through martial arts. This class will teach you the positive benefits of martial arts: focus, awareness, coordination, fitness and self-defense. Classes are open to all ages and abilities. Join us in learning

lifelong skills while having fun. Students may begin at anytime.

Active™ - gives you all the fitness training you need - cardio, strength, balance, and flexibility - in just one hour. Get stronger, fitter, and healthier with inspiring music, adjustable dumbbells, weight plates, body weight, and simple athletic movements.

Core™ - Core trains you like an athlete in 30 action-packed minutes. A strong core, from your shoulders to your hips, will improve your athletic performance, help prevent back pain, and give you ripped abs! Expert coaching and motivating music will guide you through functional and integrated exercises using your body weight, weight plates, a towel, and a platform - all to challenge you like never before.

Fight® -A gripping hour that burns a ton of calories and builds total body strength. Tap into the hottest mixed martial arts movements done at a rapid-fire pace to smash your cardio fitness! From the boxing ring to the fighting cage, Group Fight combines cutting-edge moves with thrilling music. This electric experience is addictive!

MixedFit® - is a people inspired fitness program that incorporates explosive dancing and boot camp toning. Everything about our fitness program can be described as explosive-all of our movements are always big, exaggerated, full out, and most importantly, our very best.

Power® -Blast all your muscles with this high-rep weight training workout for all fitness levels ages 13 and up. Using an adjustable barbell, weight plates, and body weight, Group Power combines squats, lunges, presses, and curls with functional integrated exercises. Dynamic music from the 60's to today, and a motivating group atmosphere will get

your heart rate up, and push you to your personal best! POWER UP!

Hap Ki Do -Incorporates basic athletic movements that have been adapted from boxing, kickboxing, tae kwon do and kung fu.

HIIT - High Intensity Interval Training will enhance athletic capacity and fat burning with bursts of high-energy exercise followed by active recovery to improve endurance and build strength. Class may include cardiovascular and strength exercises. Level 2 class.

Low Impact -This is a cardiovascular workout using movements where one foot always remains on the floor, putting minimal stress on the joints. Class may include some muscle conditioning exercises.

Step -An aerobic class that utilizes choreography on a step platform throughout the workout. Class may include abdominal and muscle conditioning exercises.

Tabata -An advanced, intense interval workout alternating cardio and strength segments with brief periods of rest for improved aerobic and muscular endurance.

Tai Chi -An ancient Chinese discipline focused on slow fluid movements for balance, control, precision, strength and flexibility.

Treading -A coach-led exercise session utilizing the treadmill.

Zumba® -A cardiovascular workout using Latin inspired dance moves set to international music.